

# Summer Summit



*North Dakota  
State Library*

# Agenda:

- ▶ Racial Injustice
- ▶ Database Searching
- ▶ Opioid Crisis and Libraries
- ▶ Literacy—It's All Around You
- ▶ Networking Hour

# Racial Injustice

Mary Soucie



*North Dakota  
State Library*

# Unconscious bias

- ▶ An implicit association or attitude operates beyond our control and awareness
- ▶ Informs our perceptions of a person or social group
- ▶ Can influence our decision making and behavior

# Becoming aware of biases

- ▶ Implicit biases can contradict values, escape detection and influence action
- ▶ Your surprise when someone exhibits a certain behavior, comment, skill or life experience can indicate an unconscious bias

# Uncovering biases

- ▶ Acknowledge potential for bias
- ▶ Be wary of first impressions
- ▶ Learn about stereotypes
- ▶ Broaden your focus
- ▶ Expose yourself to new and different experiences

# Mitigating biases

- ▶ Acknowledge differences
- ▶ Acknowledge the potential for bias as an individual and an organization
- ▶ Check thought processes and decisions for biases
- ▶ Identify sources of stress which can increase biases
- ▶ Be open to feedback
- ▶ Increase the exposure to stereotyped group members/others

# Bias interrupters

- ▶ Question your assumptions
- ▶ Analyze
- ▶ Take a risk
- ▶ Disrupt the default
- ▶ Speak out
- ▶ Hold yourself and others accountable



# Uncover your implicit biases

<https://implicit.harvard.edu/implicit/takeatest.html>

# Four behaviors linked to inclusion

- ▶ Empowerment
- ▶ Courage
- ▶ Humility
- ▶ Accountability

# Hosting programs around racial injustice

- ▶ Think about what your aims are
- ▶ Be mindful and aware it may not be easy
- ▶ Discussing these topics can be difficult on a variety of levels
- ▶ Know that participants are coming from all different places
- ▶ Not all libraries need a book club like this but must consider impact on access equity and roles they play in systemic racism
- ▶ Won't solve it but will provide individuals a chance to incite positive change through engagement



Questions?

Mary Soucie

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# Database Searching

Angie Houser



*North Dakota  
State Library*

# Effective Research



- ▶ What is the difference between a search engine and a database?
- ▶ What are the different ways of searching?
- ▶ Research Questions

# Effective Research Examples

- ▶ Boolean Searching
  - ▶ Minnesota AND Vikings
  - ▶ Minnesota OR Vikings
  - ▶ Minnesota NOT Vikings
- ▶ Truncation Searching
  - ▶ Cardio\* = cardio, cardiovascular, cardiologist, etc.
- ▶ Phrase Searching
  - ▶ “Between a rock and a hard place”



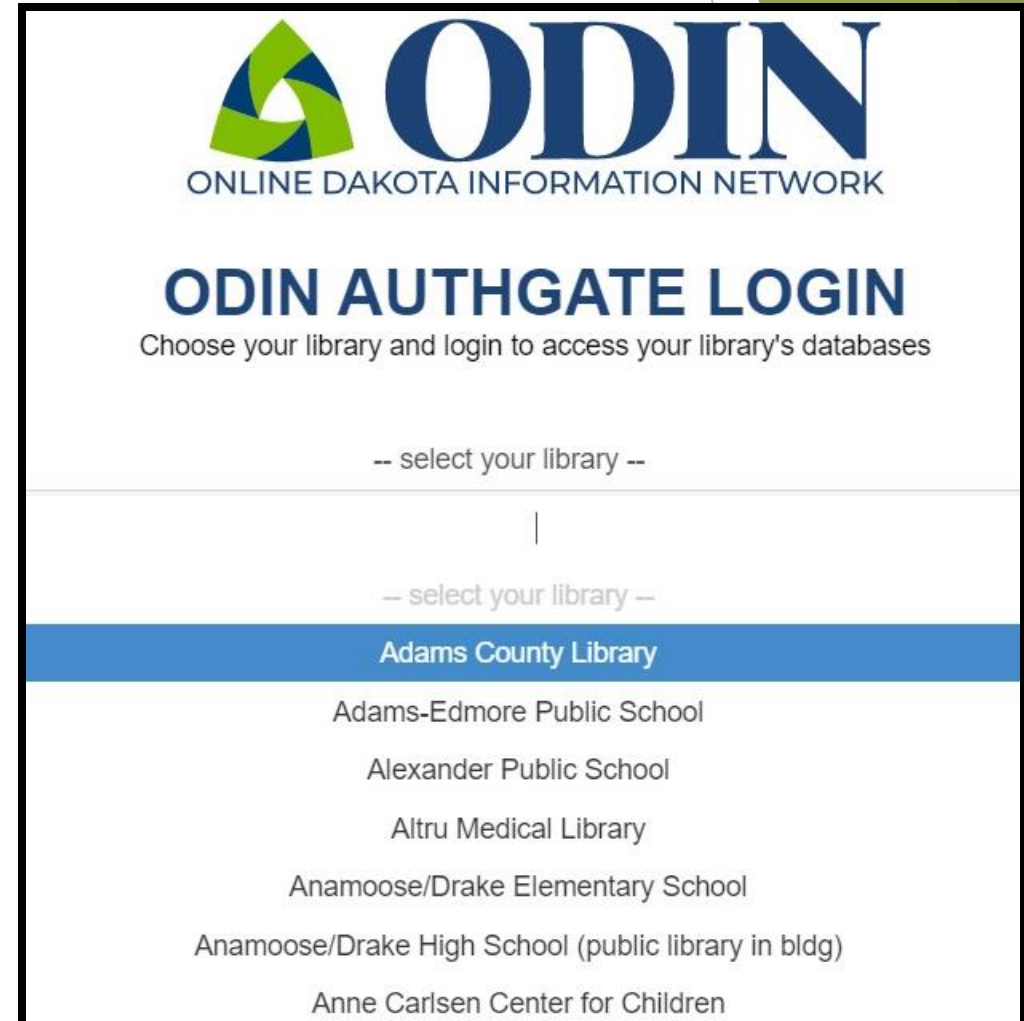
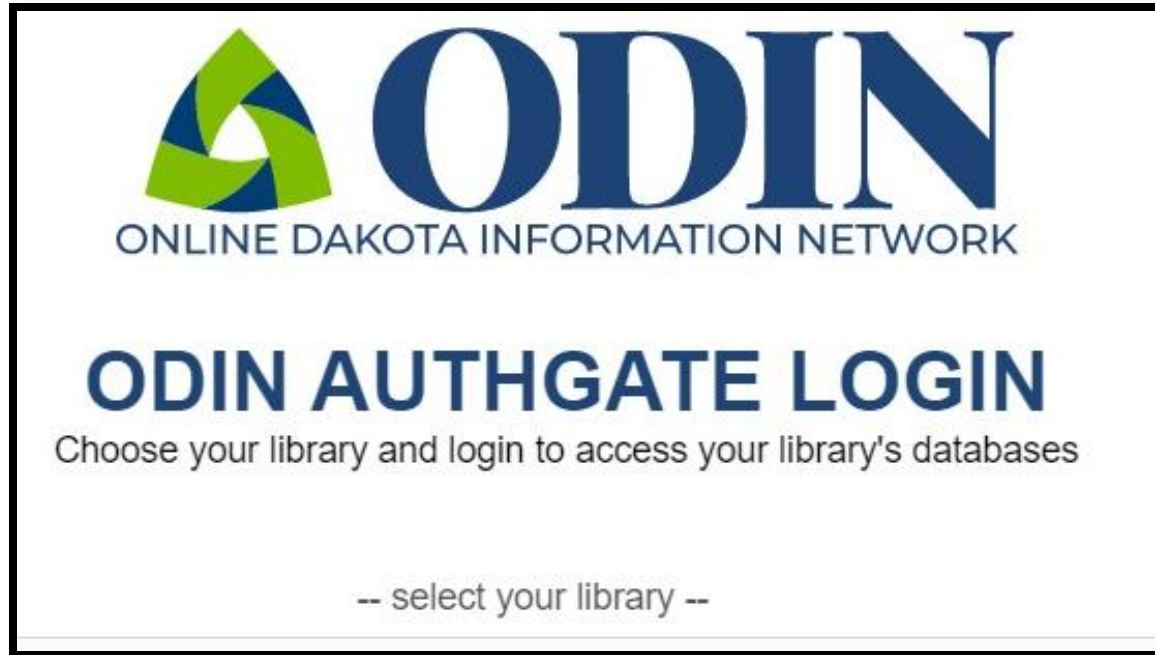
# Databases



- ▶ NDSL Database List
- ▶ How to access
- ▶ Updates to the list



# New Look of ODIN's Authgate



# New Look of ODIN's Authgate



## ODIN AUTHGATE LOGIN

Choose your library and login to access your library's databases

North Dakota State Library

### PUBLIC, SCHOOL, AND SPECIAL LIBRARY LOGIN

ODIN Polaris Patrons and others using the State Library's Remote User Accounts

Username/Barcode

password

LOGIN

## ODIN AUTHGATE LOGIN

Choose your library and login to access your library's databases

North Dakota State University Library (NDSU)

NDSU

LIBRARIES

### NDUS STUDENTS, FACULTY AND STAFF

Use your NDUS firstname.lastname to login



LOGIN USING YOUR NDUS CREDENTIALS

### LOCAL / COMMUNITY

Community, Alumni, and others that do not have a current campus email

Username/Barcode

password

LOGIN

Angie Houser  
[ahouser@nd.gov](mailto:ahouser@nd.gov)  
701-328-3495



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# Opioid Crisis and Libraries

Abby Ebach

Public Library Specialist

Summer Summit 2020



*North Dakota  
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# Obligatory Disclaimer

I am not a ...

- ▶ Doctor
- ▶ Scientist
- ▶ Lawyer
- ▶ Astronaut (Unfortunately)





# Public Health Emergency

- ▶ US: **10.3 million** people misused prescription opioids
- ▶ US: **21-39%** of patients misuse prescribed opioids; **8-12%** develop an opioid use disorder.
- ▶ ND: **4.3%** middle school, **14.4%** high school , and **6.1%** of college students misused prescription pain medication.



Opioid overdose deaths were  
**6x** higher in 2018 than in 1999.

[www.cdc.gov](http://www.cdc.gov)

Almost  
**70%**

of the more than 67,000  
drug overdose deaths in 2018  
involved an **opioid**.



[www.cdc.gov](http://www.cdc.gov)

**128**  
PEOPLE

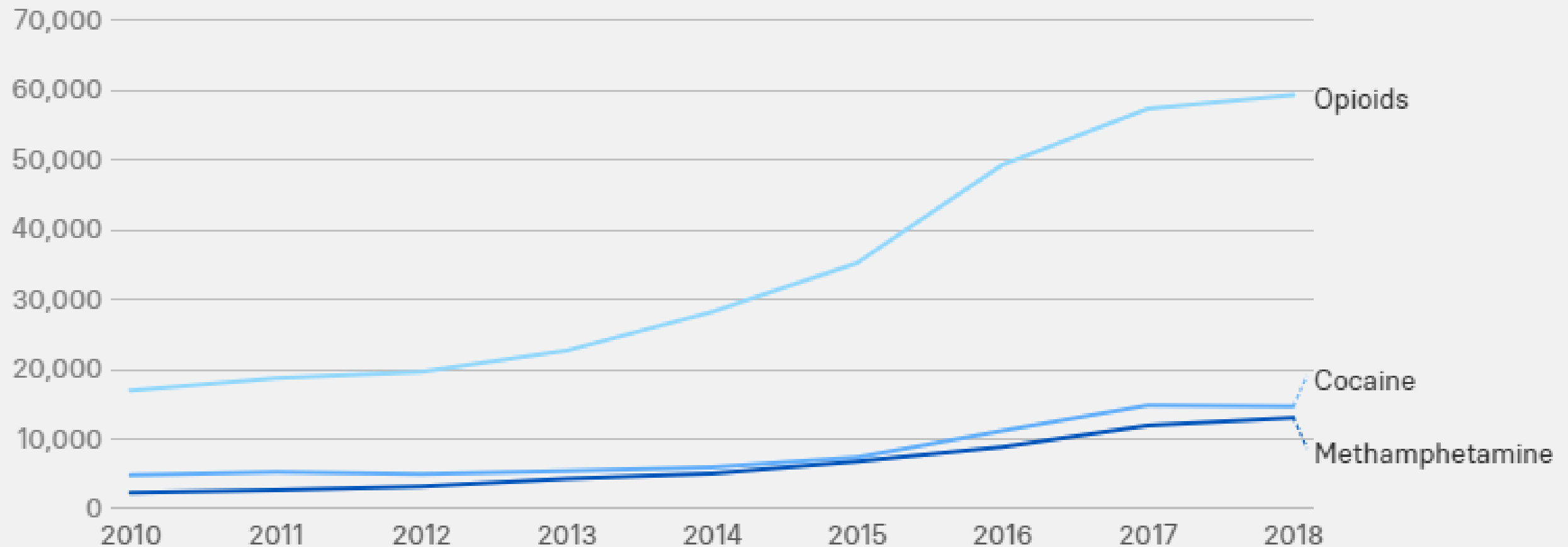
die every day from  
an opioid overdose  
(including Rx and illicit opioids).



Nearly 47,000 Americans  
died from an opioid overdose  
in 2018 (including Rx and illicit opioids).

[www.cdc.gov](http://www.cdc.gov)

## US Drug Overdose Deaths, By Cause

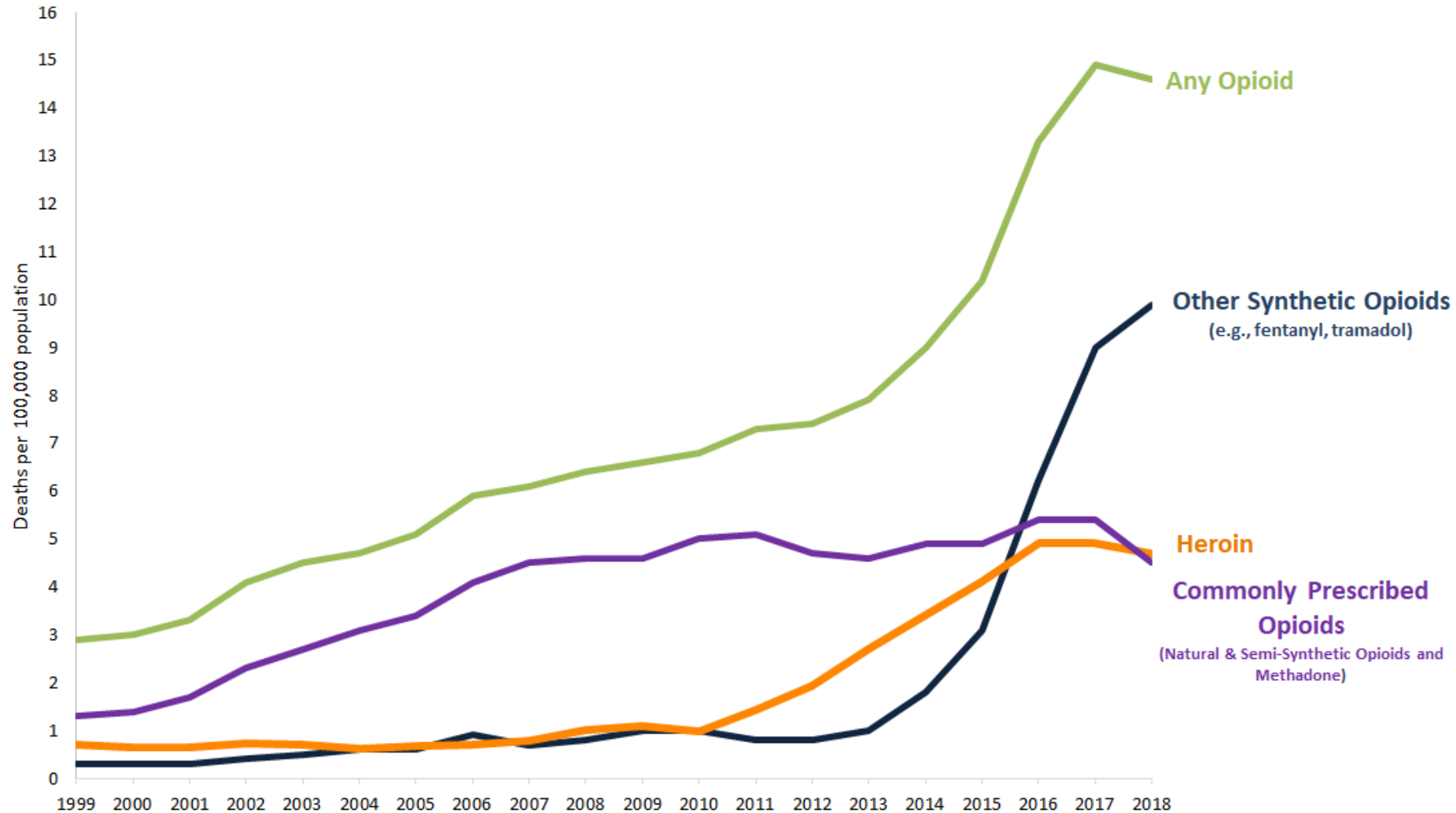


*\*2018 values are estimates from preliminary data*

Chart: BuzzFeed News / Vergano • Source: **CDC**



## Overdose Death Rates Involving Opioids, by Type, United States, 1999-2018



SOURCE: CDC/NCHS, National Vital Statistics System, Mortality. CDC WONDER, Atlanta, GA: US Department of Health and Human Services, CDC; 2020.  
<https://wonder.cdc.gov/>.

# What are Opioids?

- ▶ Natural, synthetic, or semi-synthetic chemicals that interact with opioid receptors on the nerve cells in the body/brain. They reduce the intensity of pain signals.



**Within 1 month** of daily use, opioids can start to change the ability of the brain to function normally.

# Legal Opioids?

- ▶ Codeine
- ▶ Fentanyl (Duragesic)
- ▶ Hydrocodone (Vicodin)
- ▶ Methadone (Dolophine)
- ▶ Morphine
- ▶ Oxycodone (OxyCotin, Percocet)



As many as  
**1 in 4**  
PEOPLE

receiving prescription  
opioids long term in a  
primary care setting  
struggles with  
**addiction.**

# U.S. Opioid Prescriptions: Still High Despite Recent Declines

Too many opioid prescriptions for too many days at too high a dose.



## TOO MANY DAYS



Average prescription days supply

INCREASED  
**33%**

from 2006 to 2015

## TOO MANY PRESCRIPTIONS



In 2015, there were enough prescriptions for **every American to be medicated around the clock for three weeks.**

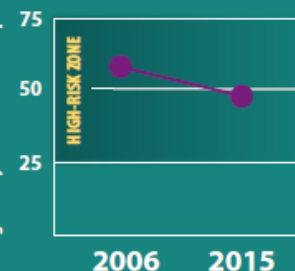
(640 MME per person, which equals 5 mg of hydrocodone every 4 hours)

## NATIONWIDE INCONSISTENCIES

The total amount of opioids prescribed (per person for the year 2015) varied widely from county to county.

## TOO HIGH A DOSE

Average Daily MME Per Prescription



A dose of **50 MME or more** per day doubles the risk of opioid overdose death, compared to 20 MME or less.

Average daily MME per person declined **nationwide**, but is still too high.

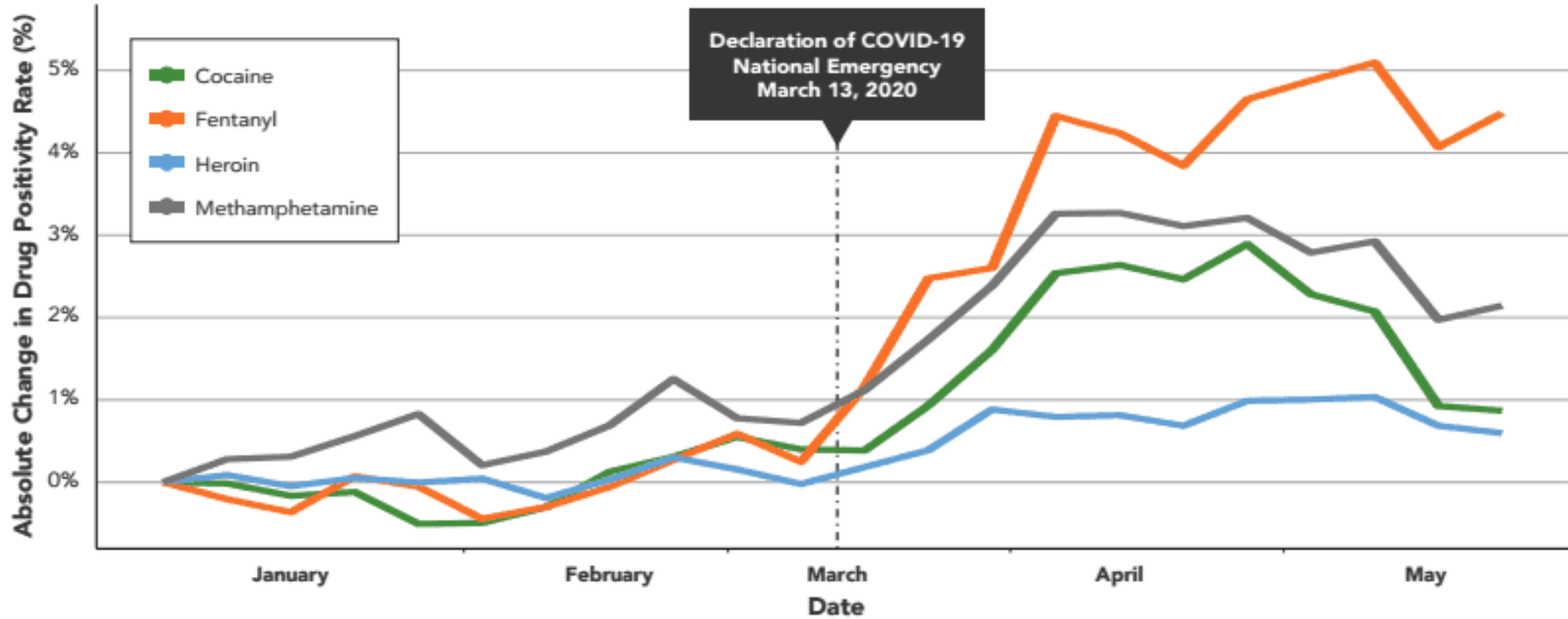


**1,319 MME**  
Average of highest 25% of US counties in 2015



**203 MME**  
Average of lowest 25% of US counties in 2015

# Yes, COVID-19 Affects This, Too



# Spotlight: Heroin

It starts with pills



41

PEOPLE

... die every day from overdoses involving **heroin.**



[www.cdc.gov](http://www.cdc.gov)

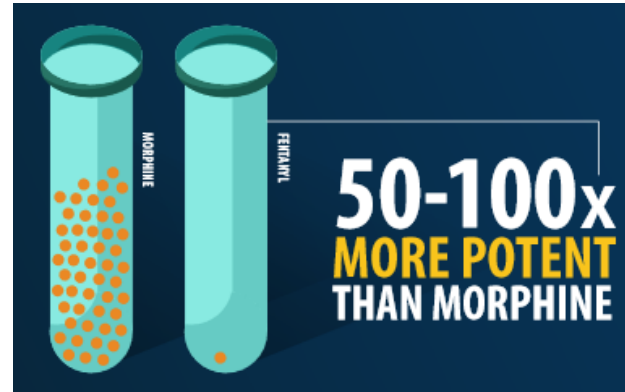
Nearly all people who used heroin also used at least 1 other drug.

Most used at least **3** other drugs.

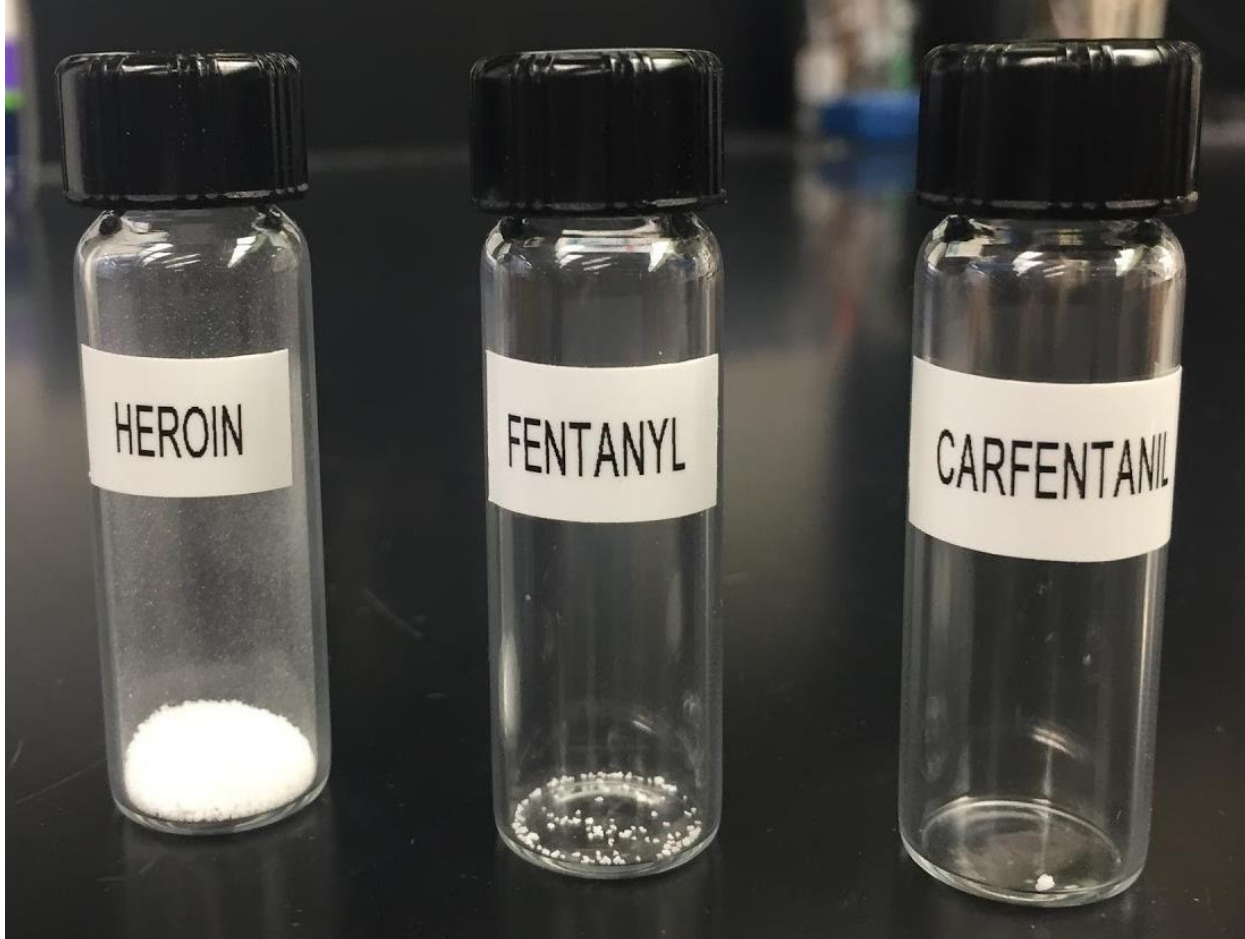
**Heroin** is a highly addictive opioid drug with a high risk of overdose and **death** for users.



# Spotlight: Fentanyl



# Spotlight: Carfentanil



Lethal Doses of  
Heroin, Fentanyl,  
and Carfentanil

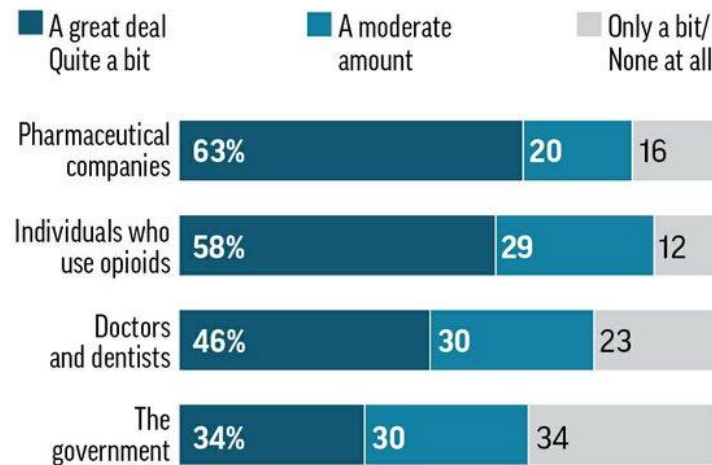


# Who's at Fault?

## Drugmakers blamed for opioid crisis

Most Americans say pharmaceutical companies and drug users themselves bear significant blame for opioid addiction, according to an AP-NORC Center poll.

**Q: How much do you blame each of the following for the problem of opioid addiction?**

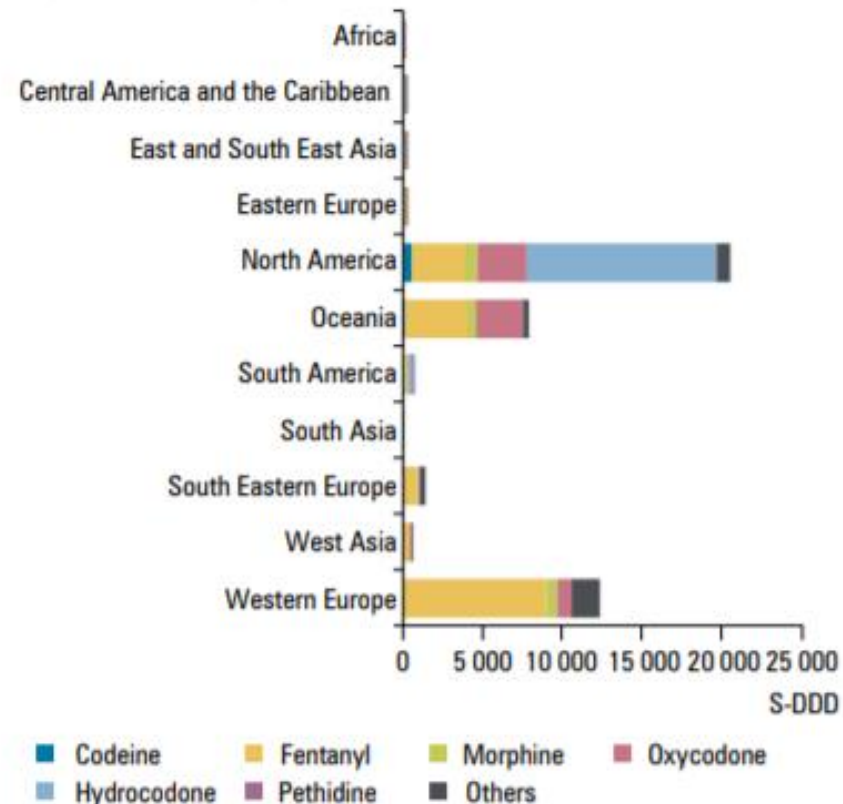


Results based on interviews with 1,008 U.S. adults conducted April 11-14. The margin of error is  $\pm 4.1$  percentage points for the full sample.

SOURCE: AP-NORC Center for Public Affairs Research

AP

Figure VIII. Average consumption of codeine, fentanyl, morphine, pethidine and other opioids, by region, expressed in S-DDD, 2018



# Addiction



# 3 Steps to Help Prevent Prescription Drug Abuse



## LOCK

Keep medication out of sight and  
in a safe and secure place.



## MONITOR

Keep track of medication.



## TAKE BACK

Drop off unused medication at  
local Take Back locations.

# Don't Live in Denial





# KNOW THE SIGNS OF AN OPIOID EMERGENCY

The following signs and symptoms may indicate an opioid overdose emergency:



UNUSUAL SLEEPINESS OR  
NOT ABLE TO AWAKEN



BREATHING WILL BE SLOW OR  
ABSENT



SLOW HEARTBEAT OR LOW  
BLOOD PRESSURE



SKIN FEELS COLD  
AND CLAMMY



PUPILS ARE TINY



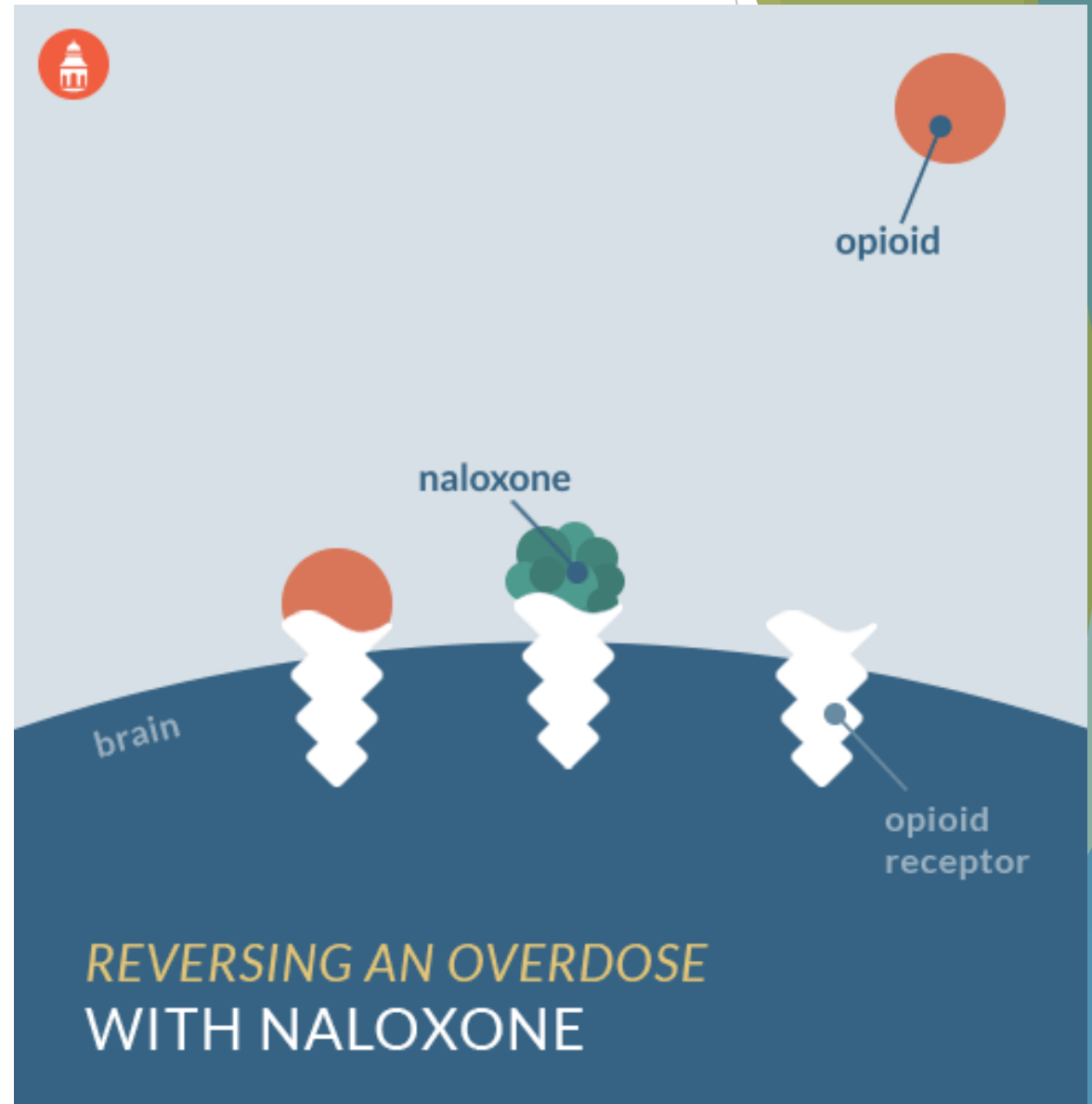
NAILS AND LIPS  
ARE BLUE

---

IN CASE OF  
**EMERGENCY,**  
CALL 9-1-1

# Naloxone

- ▶ Opioid Antagonist
- ▶ Works in 2-5 minutes
- ▶ Mild side effects
- ▶ Saves Lives



# Narcan

## KEY STEPS TO ADMINISTERING NARCAN® NASAL SPRAY:\*

### PEEL



Peel back the package to remove the device. Hold the device with your thumb on the bottom of the plunger and 2 fingers on the nozzle.

### PLACE



Place and hold the tip of the nozzle in either nostril until your fingers touch the bottom of the patient's nose.

### PRESS



Press the plunger firmly to release the dose into the patient's nose.

**\*Administer in accordance with the Instructions for Use. Please refer to the [Quick Start Guide](#).**



# How libraries are posed to help

- ▶ Education
- ▶ Policies
- ▶ Procedures
- ▶ Obtain Narcan
- ▶ Opioid Overdose Prevention Program



<https://library-nd.libguides.com/opioidcrisis>

North Dakota nd.gov Official Portal for North Dakota State Government

Search:

Home Services for the Public Services for Libraries and Education Services for Government About Us Databases


The State Library's Resumption plan is underway.

We are starting a phased approach by providing on-site services by APPOINTMENT ONLY. To schedule an appointment, please call 701-328-4622

Click here for more information

Tweets by @NDStateLibrary

ND State Library Retweeted

 SchoolLibraryJournal







Home Services for the Public Services for Libraries and Education Services for Government About Us Databases



**Services for Libraries and Education**

- Calendar
- Cataloging Services
- Community Information Resources
- Contact Us
- Database Usage Statistics
- Digital Horizons
- Digital Initiatives
- E-Rate
- Grants
- ILEAD ND
- Interlibrary Loan
- KitKeeper
- Library Coordinating Council
- Library Development
- Library Information Update (form)
- Library Policies, Plans, Manuals, and Forms
- Marketing

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North Dakota State Library / LibGuides / Home

ALL GUIDES BY SUBJECT

Search:

Showing 19 Guides

Display

2020 Census	May 19, 2020	169
Annual Report (Public Library Survey)	May 4, 2020	452
Antiracism in North Dakota	Jun 22, 2020	133
Bookmobiles	May 26, 2020	1,025
Copyright	Mar 6, 2020	97
COVID-19	Jun 22, 2020	980
Education Resources for Out-of-School Learning	Apr 22, 2020	6,099
Fake News	Apr 1, 2020	471



# <https://my.nicheacademy.com/northdakotastatelibrary/course/13366>



## Opioid Crisis/ Opioid Epidemic

- The opioid crisis, also known as the opioid epidemic, has become a legitimate and frightening problem in the country.
- In 2017, President Trump declared the opioid crisis a public health emergency.
- It often starts with a pill: prescription opioid misuse can lead to more serious drugs (like heroin and fentanyl).
- The statistics (misuse, abuse, addiction, and overdose deaths) of the opioid crisis in the United States are staggering... Thousands have died and thousands continue to die.



## Opioid Crisis

### Overview

#### Introduction

#### Objectives

### Opioids

#### What are Opioids?

#### How Do Opioids Work?

#### Who is Taking Opioids? And Why?

#### Common Opioids

### Addiction

#### What is Addiction?

#### Common Terms

#### The Stigma of Addiction

### Opioid Misuse, Abuse, & Addiction

The background features abstract geometric shapes, primarily triangles, in various shades of blue and green. These shapes are layered and overlap, creating a dynamic, modern aesthetic. The colors range from light, airy blues to deeper, more saturated greens and blues.

Questions?

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# Literacy – it's all around you

Shari Mosser



*North Dakota  
State Library*





Reading

[w]Riting

‘Rithmetic

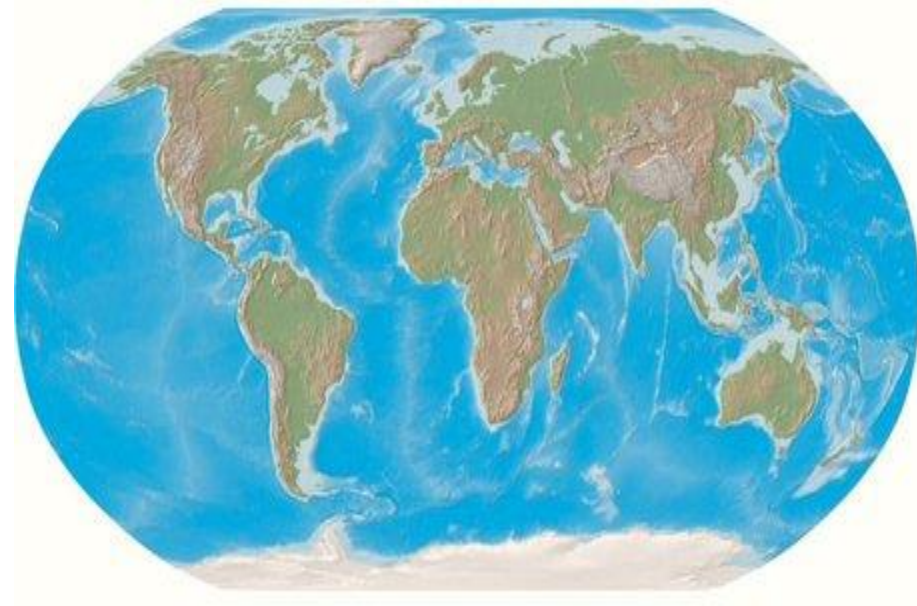




United Nations  
Educational, Scientific and  
Cultural Organization

- UNESCO (United Nations Educational, Scientific and Cultural Organization) defines literacy as a means of identification, understanding, interpretation, creation, and communication in an increasingly digital, text-mediated, information-rich and fast-changing world

Globally, at least 750 million youth and adults still cannot read and write and 250 million children are failing to acquire basic literacy skills.





North Dakota has the  
**third highest** literacy  
rate in the United  
States at **93.7%**

-World population review.com











# Emerging Readers









80 Books  
equals a  
surge in  
literacy  
levels.

101, 102,  
103.... Yep  
I've got a  
lot more!



Nigella Lawson's library







<https://1000booksbeforekindergarten.org/>





# MARYLAND FAMILIES ENGAGE

<https://marylandfamiliesengage.org>

## August 6

### Sing a Song

Off To School We Go  
(Tune: "A Hunting We Will Go")

Off to school we go,  
It's off to school we go,  
We'll take our lunch and ride the bus,  
With everyone we know,  
Off to school we go,  
It's off to school we go,  
We learn our ABC's and more,  
With everyone we know.

### Try This

Visit your library. Pick out a few favorite books. Will your child be going to school this year? If so, read *Miss Bindergarten Gets Ready for Kindergarten* and *Miss Nelson is Missing*.

### Explore More

See the [August Activity Calendar](#) for many more fun, educational activities you and your child can do anytime!

- [Play school at home by visiting World Book Early Learning and learning something new!](#)
- [Why was school created?](#)

### Watch

Sesame Street: Professor Grover: School



### Read a Book

Here are two book recommendations for today. Check out the picture book collection at your local library, where there are lots of books to choose from! [Find nearby libraries](#).

- *School's First Day of School* by Adam Rex; Illustrated by Christian Robinson
- *This Is How We Do It: One day in the lives of seven kids from around the world* by Matt Lamothe

### Day By Day Ohio



Families, caregivers, educators, and librarians can use the Day By Day Ohio Family Literacy Calendar at home, library, classroom, or on the go. With a perpetual calendar featuring songs, activities, book suggestions, and videos, Day By Day Ohio supports early literacy skills and helps young children get ready for school.

### Partners & Sponsors

Day By Day Ohio is a customization of a project of the South Carolina State Library, developed in partnership with many agencies and organizations, and primarily funded by a Library Services and Technology Act grant from the U.S. Institute of Museum and Library Services (ILS).

[More About Day By Day Ohio](#)

[Contact Us](#)

# Family literacy calendar

<http://www.daybydayoh.org>



# School age readers







Kate and her  
sister Cassie  
(author of  
*Circus  
Mirandus!*)  
leaping for  
*Gertie's  
Leap to  
Greatness*

Borrowed from  
<http://www.thecompulsivereader.com/2016/10/leaping-for-joy-for-kate-beasleys-debut.html>



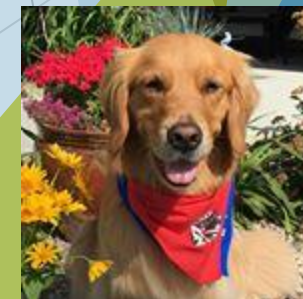
What did the  
horse say to the  
cow?

**MOO!**





Pictures of Roland and Frankie  
“Magic” throughout the years.  
Follow Frankie at  
[https://www.facebook.com/  
GoldenRetrieverFrankieMagic](https://www.facebook.com/GoldenRetrieverFrankieMagic)





# Teens and Tweens



*“reading fiction not only develops our imagination and creativity, it gives us the skills to be alone. It gives us the ability to feel empathy for people we’ve never met, living lives we couldn’t possibly experience for ourselves, because the book puts us inside the characters skin.”*

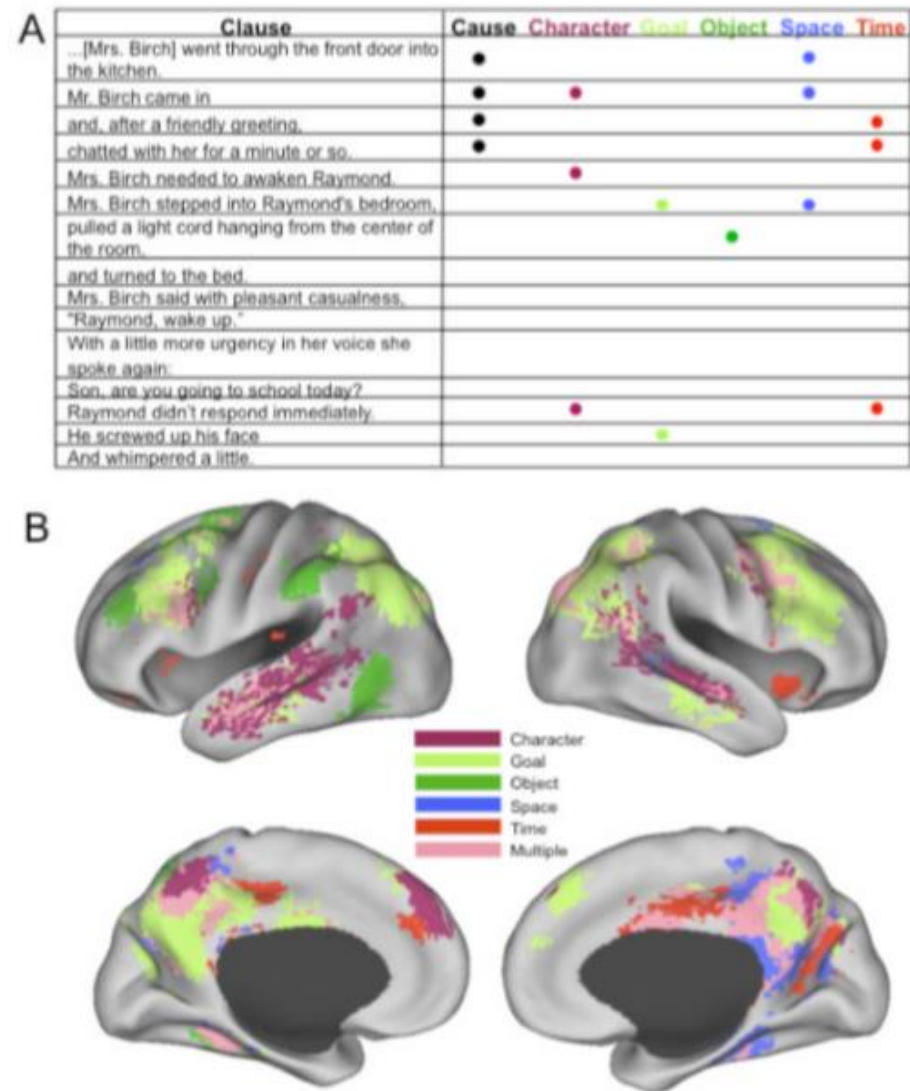
**Ann Patchett**  
**The Triumph of the Readers**  
Wall Street Journal  
Jan 17 2009

<https://www.wsj.com/articles/SB123214794600191819>



Speer, Nicole K et al.  
 “Reading stories activates  
 neural representations of  
 visual and motor  
 experiences.” *Psychological  
 science* vol. 20,8 (2009):  
 989-99. doi:10.1111/j.1467-  
 9280.2009.02397.x

This is the only  
 Science-y part  
 of the  
 presentation.  
 Promise!

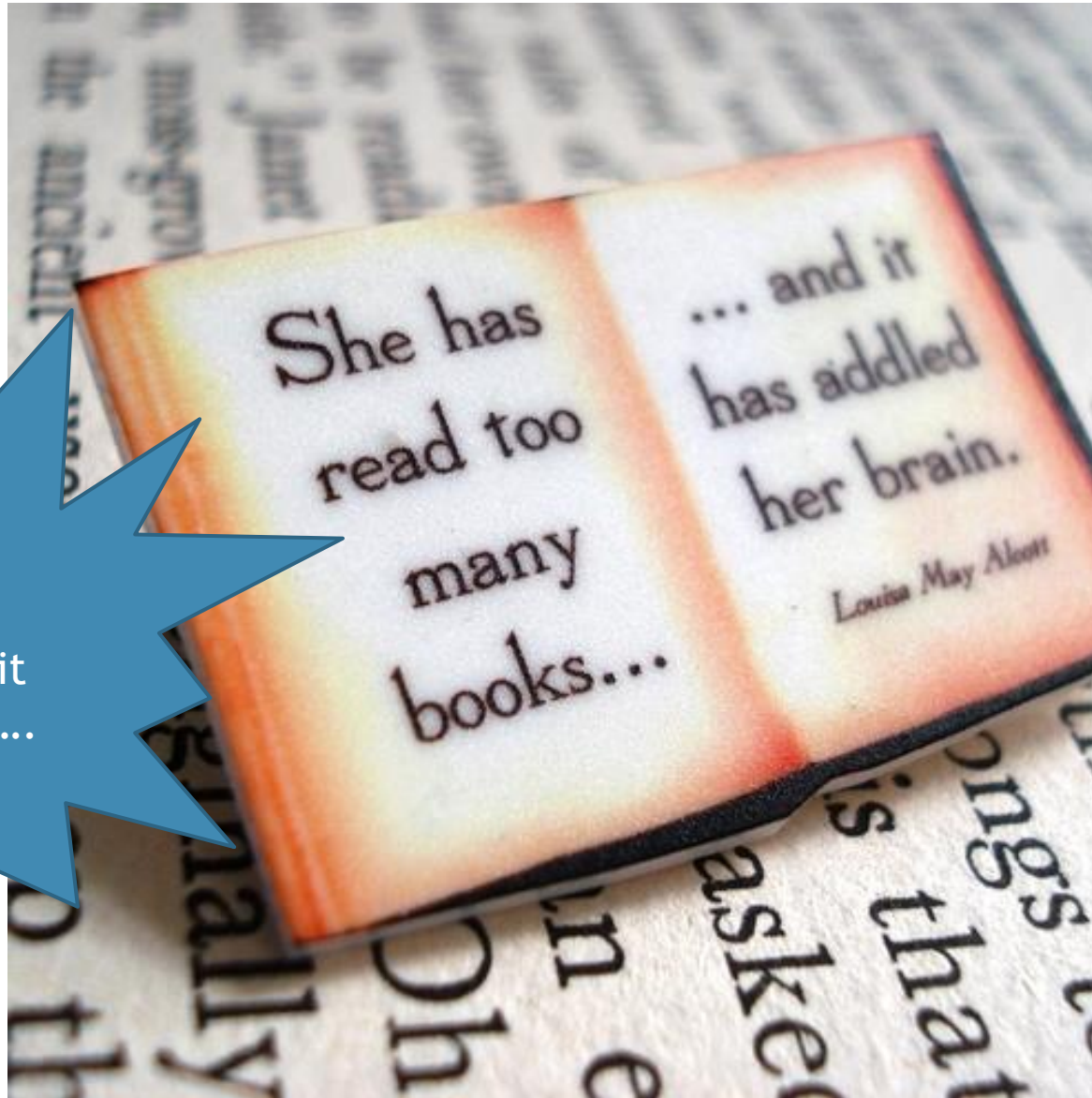


**Figure 1.**

Regions involved in comprehending changes in the narrated situation. Panel A shows a sample passage and coding scheme from the “waking up” narrative. Brain regions that increased in activity in response to one or more types of situation changes while reading the narratives are shown in Panel B. The top images give inflated left and right lateral views of cortex, and the bottom images give the corresponding inflated medial views.



OK, a little bit  
more science....















# Information Literacy

evaluate the quality and credibility of information and cover learning strategies that yield more credible results.

BECAUSE FAKE NEWS  
CAN HAVE REAL-WORLD  
CONSEQUENCES.

#LibrariesTransform

LIBRARIES  
TRANSFORM®



# Ethical use of digital resources



intellectual property, copyrighted material, and the proper way to reference the information

# Understanding digital footprints

all the information  
a person passively  
leaves or actively  
shares about  
themselves online,  
especially on social  
media sites





# Protecting Yourself Online



understanding the basics of Internet safety. Creating strong passwords, using privacy settings, and knowing what not to share on social media

# Handling Digital Communication

communicate safely  
and appropriately in  
personal and  
professional  
communications



# Cyberbullying



the use of  
technology as a  
means to harass  
others

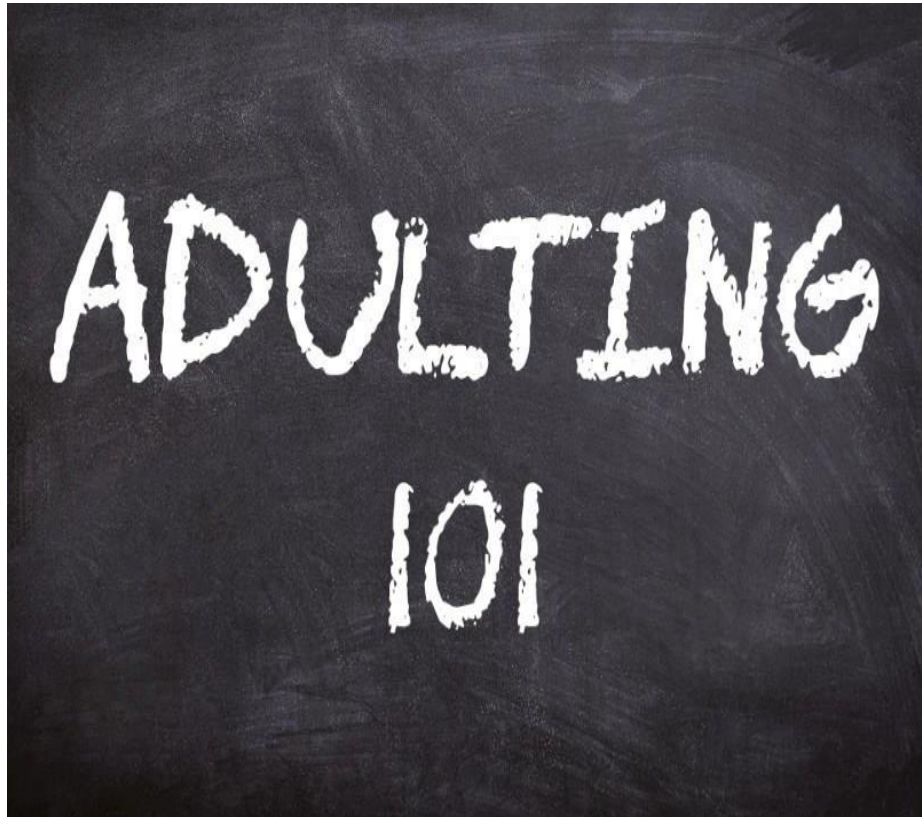
THAT HORRIFYING MOMENT WHEN YOU'RE LOOKING FOR AN ADULT BUT THEN YOU REALIZE YOU ARE AN ADULT.  
SO YOU LOOK AROUND FOR AN OLDER ADULT. AN ADULTIER ADULT. SOMEONE BETTER AT ADULTING THAN YOU.

# ADULTING 101

--- because life doesn't come with instructions ---



BROUGHT TO YOU BY  
BOSSIER PARISH LIBRARIES & REMINGTON COLLEGE



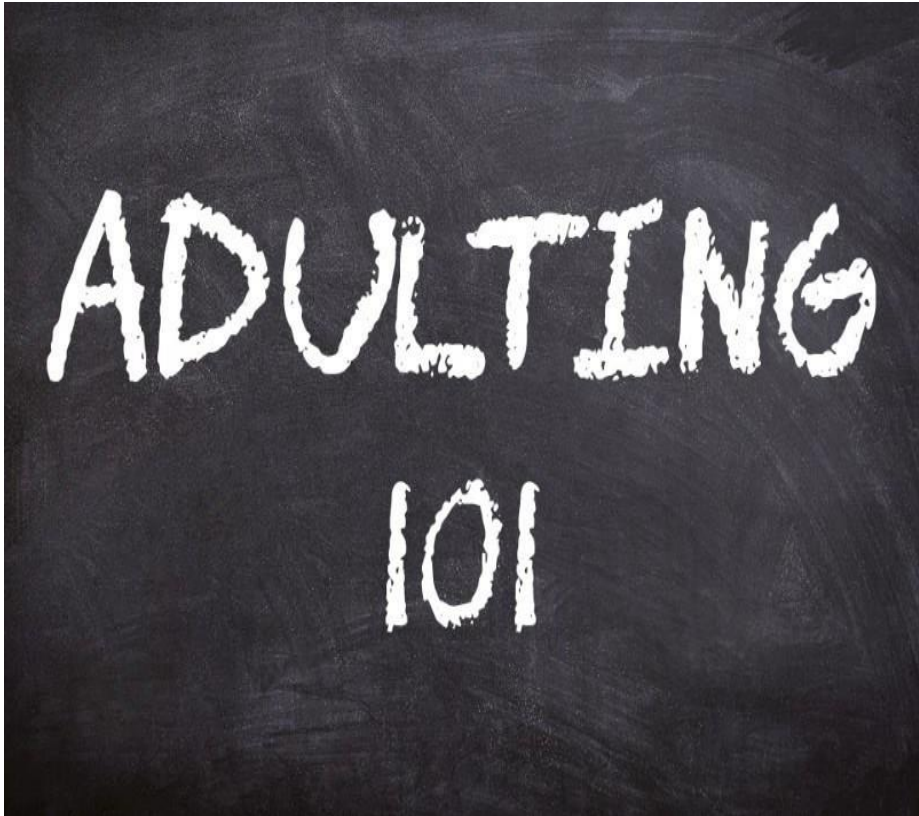
❖ Communication



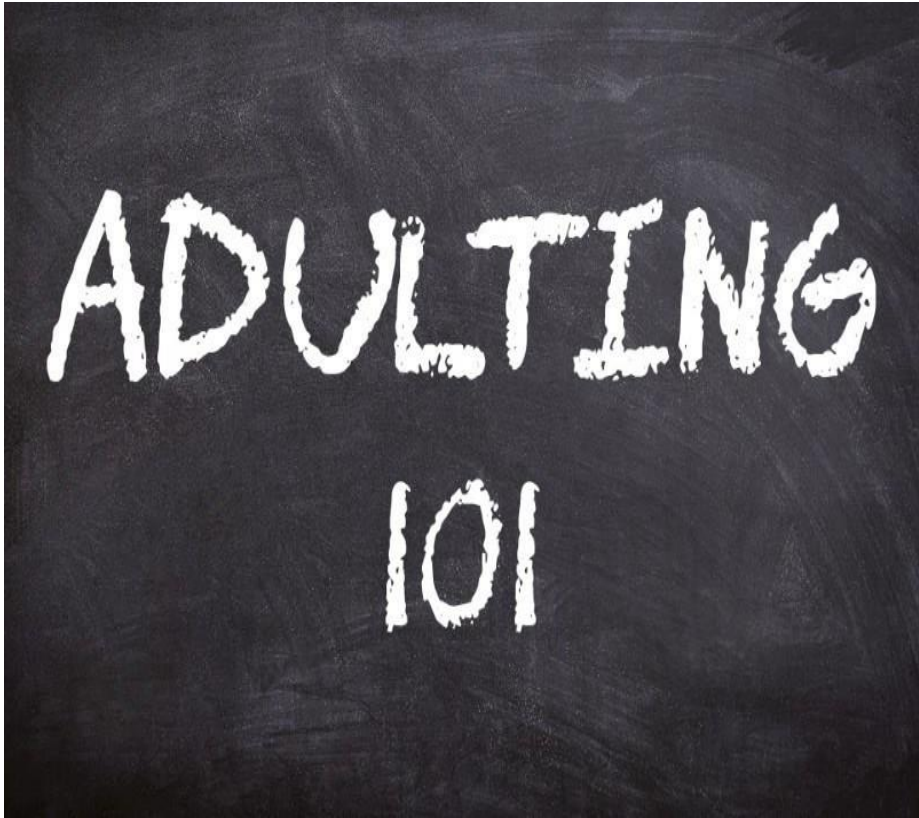


- ❖ Communication
- ❖ Navigation

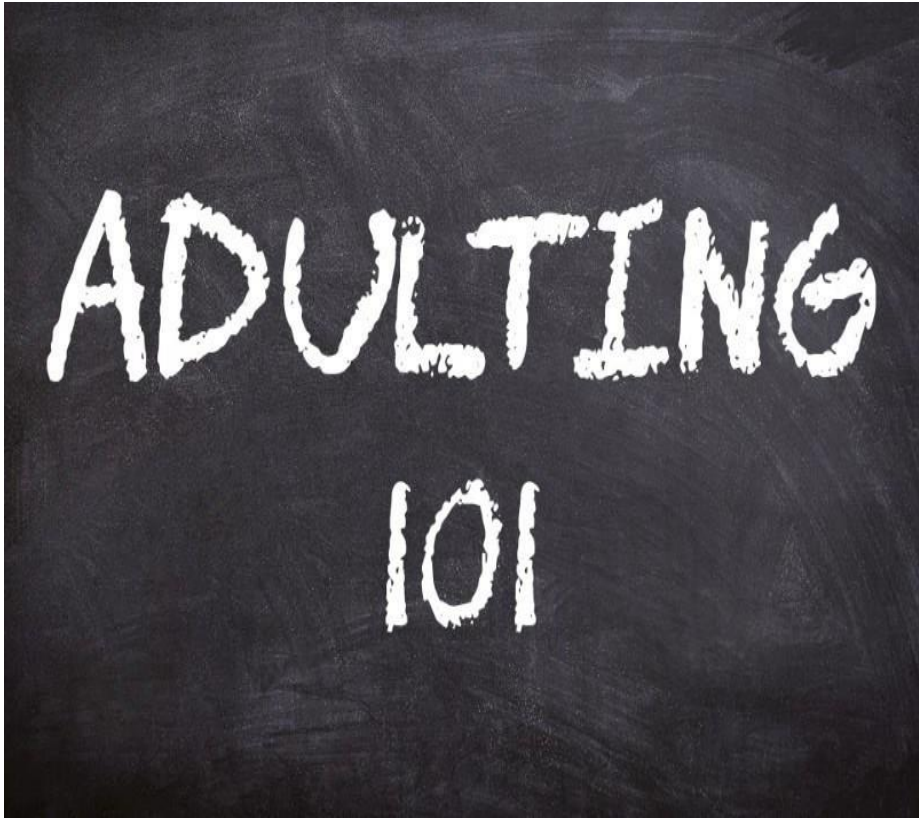




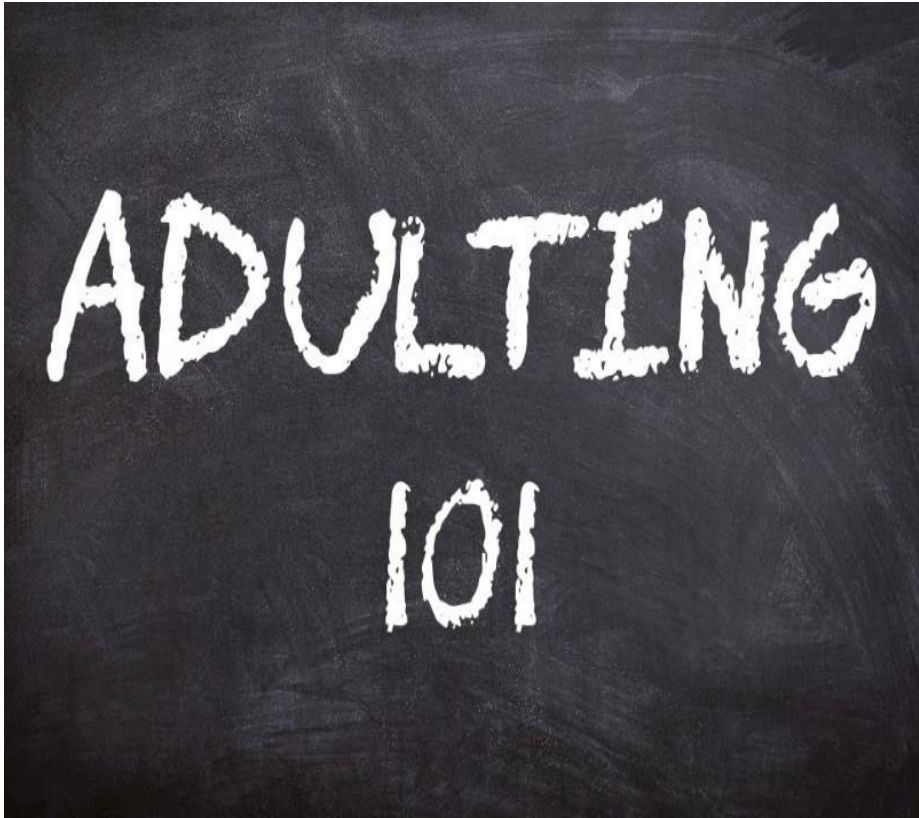
- ❖ Communication
- ❖ Navigation
- ❖ Financial Literacy



- ❖ Communication
- ❖ Navigation
- ❖ Financial Literacy
- ❖ Health/medical

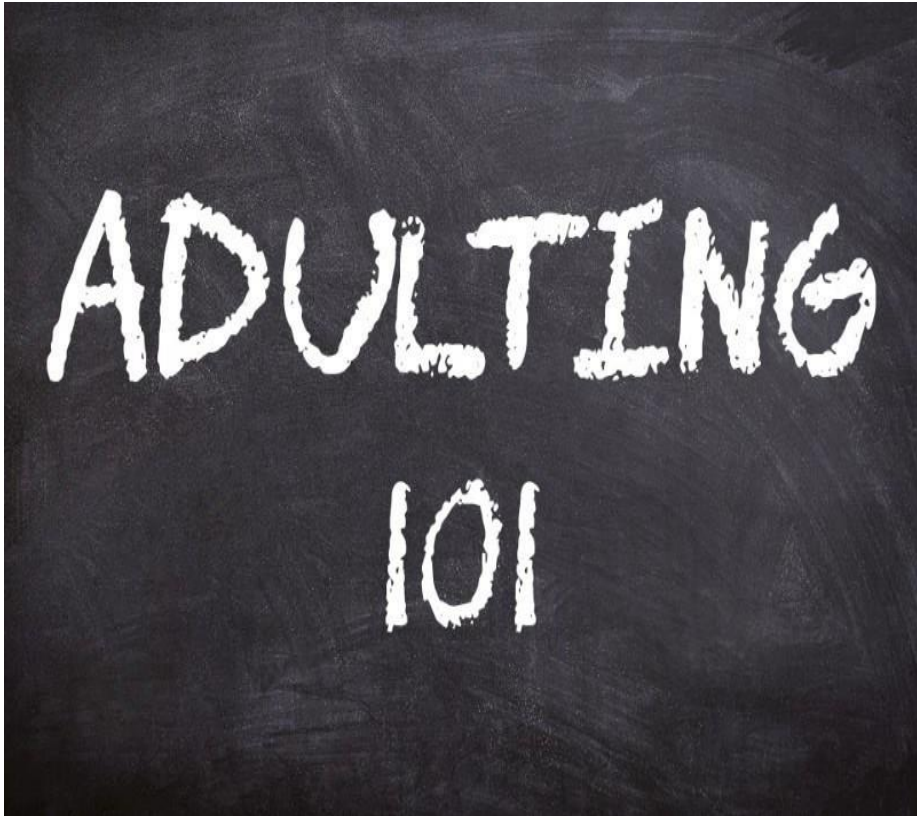


- ❖ Communication
- ❖ Navigation
- ❖ Financial Literacy
- ❖ Health/medical
- ❖ Insurance

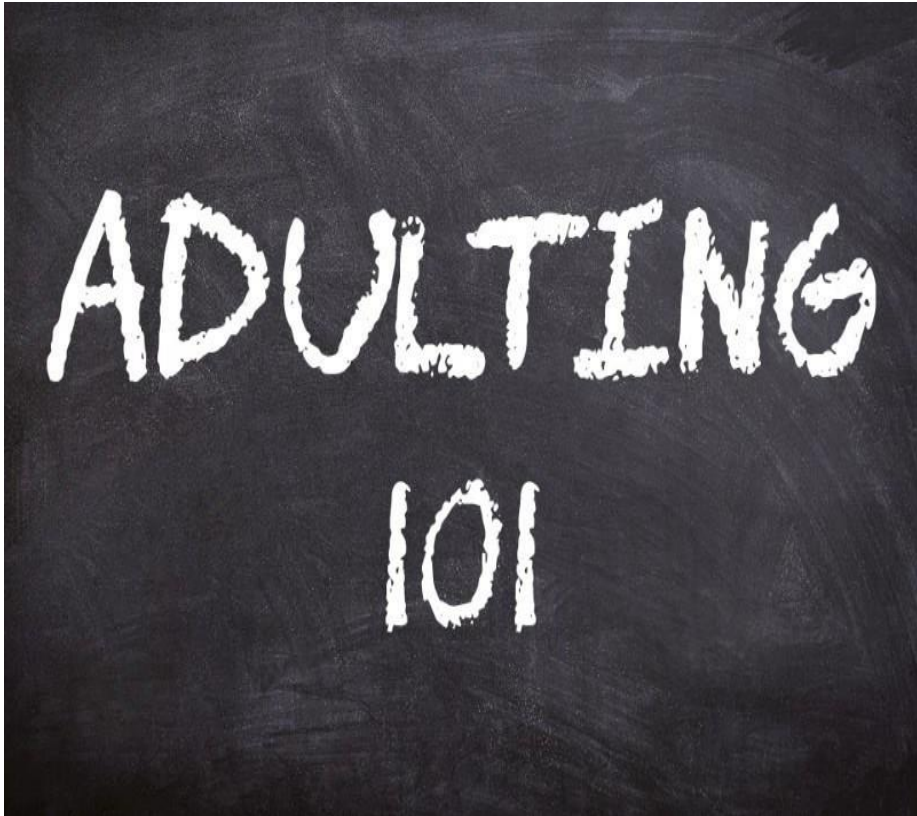


- ❖ Communication
- ❖ Navigation
- ❖ Financial Literacy
- ❖ Health/medical
- ❖ Insurance
- ❖ Car maintenance





- ❖ Communication
- ❖ Navigation
- ❖ Financial Literacy
- ❖ Health/medical
- ❖ Insurance
- ❖ Car maintenance
- ❖ Home maintenance  
(basic cleaning skills)

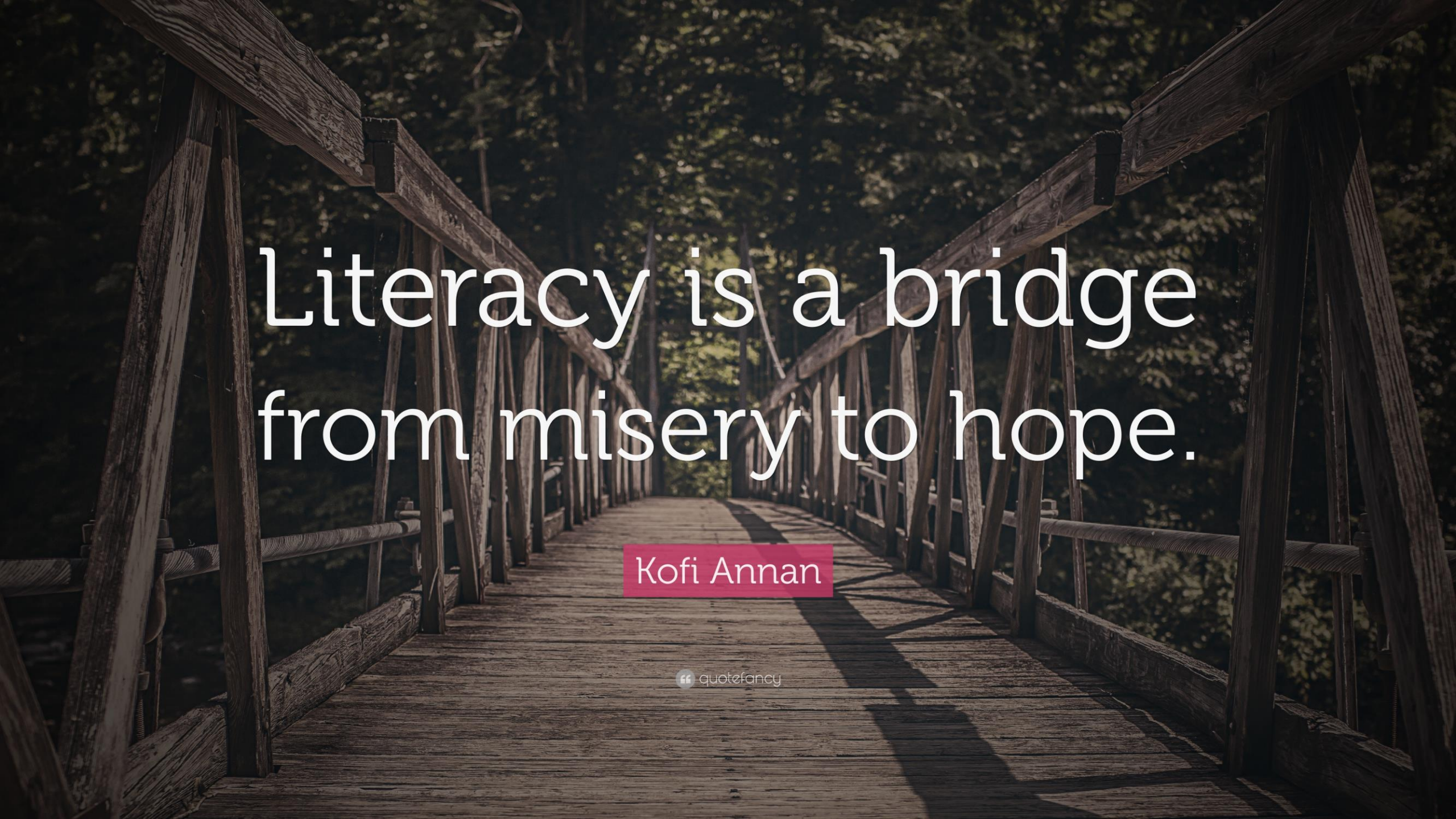


- ❖ Communication
- ❖ Navigation
- ❖ Financial Literacy
- ❖ Health/medical
- ❖ Insurance
- ❖ Car maintenance
- ❖ Home maintenance  
(basic cleaning skills)
- ❖ Networking

# Adults





A photograph of a long, narrow wooden bridge with a simple railing, stretching into the distance over a dense forest. The bridge is made of weathered wood, and the surrounding trees are lush and green. The lighting is soft, suggesting a quiet time of day.

Literacy is a bridge  
from misery to hope.

Kofi Annan



# Digital literacy for adults



# In person Learning Circle at the Charlotte Mecklenburg Library



# How do we learn together when we can't meet together?



# Financial Literacy



Consumer Financial  
Protection Bureau







Shari Mosser  
Literacy Specialist  
[ssandwick@nd.gov](mailto:ssandwick@nd.gov)  
701-328-4663



# Survey

- ▶ <https://www.projectoutcome.org/responses/52135>



# Networking Hour